LEON COUNTY FOOD CO-OP'S

Newsletter

ISSUE #17 MAY 1978

Universal truths are taken for granted
Common sense is heard but
seldom seen
Health is highly marketable
but hardly sacred
Insanity is interpreted as normal
and normal's just a dream

People are creating their own Hell
by spiritual apathy
Circumstances can't always be
controlled, but reactions can
The power of positive thinking and
doing is enormous
The gift of Grace is in every
woman and man

-Larry

Tana

The Spirit of Barnwell

by Debi Powers

The Barnwell rally site was a 25-acre field about three miles from the Barnwell Nuclear Reprocessing Plant and Waste Storage Area owned by Allied General Nuclear Services (AGNS). The Palmetto Alliance of South Carolina had worked hard for many months to make this action a success. When we arrived at the rally site Friday afternoon (April 28), we found huge circus tents - a large meeting tent, press tent, medic tent, mess tent, child care tent, dormitory tents. A trailer was used as an office which contained telephones, a WATTS line, television, CB radio, walkie talkies, bull horns, etc. Portoilets dotted the landscape.

After setting up our camp, we helped the Palmetto staff with some chores and greeted people as they arrived. People came to Barnwell from almost every state east of the Mississippi River, as well as Missouri and Nebraska. Colorful tents began popping up everywhere. The spirit of Barnwell was beginning!

On Saturday morning (April 29), the three of us from Tallahassee Catfish Alliance joined with others from Tampa, Richmond, and Chapel Hill to form an affinity group which became known as the Southern Serenity Affinity.

Affinity groups consist of five to fifteen people who train and work together and provide each other support. Affinity groups were the basic units of the Natural Guard - those who would be participating in the Monday civil disobedience action.

Our affinity group, which consisted of thirteen of the most beautiful humans I have ever had the opportunity to know, trained Saturday morning for non-violent civil disobedience. Our trainers were from Mobilization for Survival. We listened and expressed feelings and participated in role-playing activities to prepare us for whatever might happen. It was then that a strange thing began to happen.

We, who had been strangers the day before, began to develop an openness, a trust, a sensitivity, a love for each other that brought us together so closely. These feelings of love and support helped us to overcome any fears about the Monday action which we knew would result in our arrests. These feelings of love and support helped us to know that what we were doing was right. Nuclear technology was much more a threat to life than the personal risks we would be taking in civil disobedient action.

Our affinity group made decisions through consensus. I have never seen such openness and understanding and cooperation exhibited in my life.

Some of us had special roles within the affinity group. There was a medic, a media spokesperson, three peacekeepers (martials), and a spoke. I was given the responsibility of spoke to represent our affinity group in council meetings. These meetings were also run on a consensus model. The spokes sat Indian-style facing each other in a large circle. Others sat outside the circle and listened.

> I went to Barnwell, South Carolina to express my strong personal commitment to a non-nuclear future. But, I had no idea that I would experience so much in those few days. I had no idea that those experiences would change my life...

Council meetings were sometimes excrutiatingly long, sometimes explosively emotional, sometimes powerfully spiritual. Consensus decision-making is a powerful tool. In order to succeed, it requires active listening, sharing of feelings and needs, responsibility, respect, and cooperation. At times the process burned me out, but overall, I have a great deal of respect for a decision-making process in which the majority cannot trample on the rights and feelings of the minority.

All day Saturday, more and more people set up camp at the rally site. It was quite exciting to see the Tallahassee Catfish Alliance roar in on a Greyhound bus!

Sunday (April 30) was a big day. As the sun came up over the field, people began to emerge from the city of tents -- happy people stretching, doing yoga, Tai Chi, preparing breakfast, talking, laughing, hugging, getting ready to participate in the major rally. A universal workshop was held in honor of the force more powerful than nuclear energy - the human spirit. At noon, about 1200 people marched, sang, chanted, and clapped their way to the gate of the AGNS plant to deliver a written petition. Marchers walked in twos on the side of the road and the line stretched as far as the eye could see! With chants such as "No nukes!/Solar power!" the people made the six-mile march. New songs were composed, such as this one sung to the tune of Frere Jacques:

"Monster AGNS (Agnes)! Monster AGNS!
Shut it down, Shut it down!
Get some education,
About the radiation!
Organize! Organize!"

After returning to the site, the major rally began. There were speakers from different anti-nuke alliances, the American Agriculture Movement, local citizens and Hiroshima, Japan (who know first-hand of the long-term affects of radiation). There were anti-nuke singers and the No Nukes is Good Nukes Roadshow. Speeches by Dr. Helen Caldicott and Dr. John Goffman emphasized the affects of radiation and strengthened our resolve to stop nuclear power. The last person on the program was Jackson Browne.

We went to sleep in a thunderstorm that night, inspired by the march and the rally and the many hundreds of people who had participated that day. The council had finally reached consensus on all matters relating to the civil disobedience to take place the following day.

That night the wind blew and the rain poured down. A police officer reported a twister across the road from the rally site. But all was well.

Monday morining (May 1) was overcast, but there was excitement and anticipation in the air. The lawyers answered last minute questions. Our two lawyers had worked many, many hours prior to the Barnwell action and they are still working on our court cases. One of our lawyers committed civil disobedience with us.

The tactics of this action were much different from Seabrook. The Seabrook activists purposely remained in jail for weeks. Our focus was not to

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disclaimer

LCFC exists as an open door to the ideas and expressions of all its members. LCFC's Newsletter stands for the ideas of those who write in it. If you agree or disagree with a stated issue, let us know in writing.

Nothing that is printed in the Newsletter should be taken as representation of LCFC as a whole. We are a union of individuals. As such, we do not take political stands as a group, but rather, express ourselves singularly.

From the Editors

by Tana

As usual, the Newsletter comes together in the midst of many other projects and activities. It is born of action and it is produced in the flow. As this goes to our typist, Nancy Key, several of us are on our way to Barnwell, S.C. to protest the operation of the nuclear waste reprocessing plant there, or anywhere. Some of us who choose to participate in the civil disobedience demonstration, may get arrested and face legal hassels for demonstrating our concern for the health and safety of our planet. By the next Newsletter, we shall know what comes of this expression of dissatisfaction toward the pursuit of nuclear fission and its inherent dangers.

But, we also are involved in bringing to you the information and ideas that are taking place in our community currently.

We also wish to announce that Ruth Wharton is now the advertising manager. Her job involves coordinating and selling ads within the community, and helping to design the ads that appear in our pages. She also has plans to increase the amount of advertising that occurs within this publication so that we may expand both our format and our distribution as we join together with others in our community to produce a more comprehensive newsletter in the near future.

In Issue #17 of the LCFC Newsletter, we present articles on environment, health, nutrition, politics, Co-op business, our new coordinators and much more. Producing the Newsletter, as it grows, demands more and more behind the scenes effort. It doesn't just appear one day, delivered by a leprechan. It requires planning, selling, art, typing, layout, many hours bent over a drawing board squaring galleys and balancing pages and stripping in headlines and jump-lines. It also requires prodding some writers to pour forth their talents and ponderings so that we have copy that is relevant and interesting. Without these unsung participants, we would be nowhere. For they are also the true co-operators who generously give their time only for the pleasure of having their say and getting their ideas in print. Thank you for this, and welcome to you, who haven't yet tried.

One word, while we're on the subject of writing and writers. We really try to print everything that is turned in. The overwhelming majority of the articles do see print unless they are dead by the time we go to print. However, we occasionally receive long, rambling articles whose only purpose seems to be to espouse someone's personal opinions and philosophies

continued page 3

The Sweetwater Sprout farm
delivers twice weekly to assure our customers the freshest, vitamin-rich sprouts possible

with love,
the sprout people

Thank you, Patricia

While we're talking about our coordinators, let us mention, also, the hard work and diligence that Patricia Handschy has put into the Co-op during this interim time. She, Agnes, and Rob make a great team, as evidenced by the many innovations that are currently underway at LCFC.

From the Editors continued

in ways that do not tie in with the general direction of this Newsletter. There was a time when articles like that were squeezed in. But, these days, we try to stick with stories of general and popular interest for the community we serve. So, a good rule of thumb is to limit your articles to one or two topics that you can conclude within the bounds of your allotted space. If it runs four typewritten pages and it encompasses nine topics that tie in only on some personal esoteric level, then this is not the place to submit it.

As we move into late spring, let us feel joy. Our gardens are up, and our bodies are warmer. Our own Leon County Food Co-op is now four years old. We are no longer babies. From here, we should grow to be the sophisticated alternative business we are heading toward. This is not to say that we are there yet. But improvement is made all the time. There is a budding new interest in the direction of the Co-op, evidenced in the general members who have been participating in the BOD meetings and expressing themselves in various ways.

Our newest coordinator

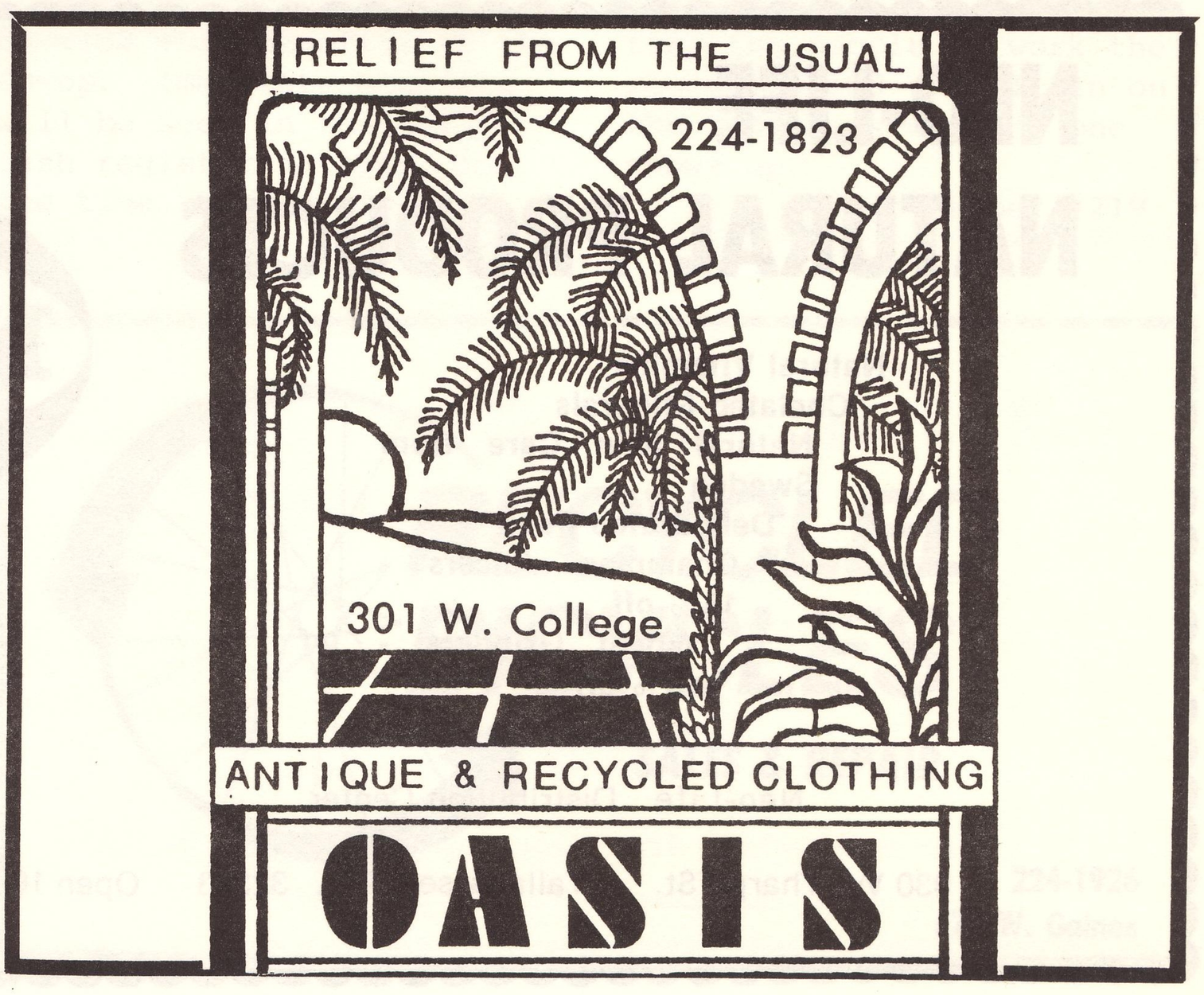
Shortly after we hired Robert Brunger to replace the retiring John Woodworth, Dynee Marmish, another long-time coordinator, gave notice that she, too, would be retiring from her position with LCFC. She has many things going in her life and she desires to serve the Co-op in a lighter, less full-time way. So the BOD geared the recent hiring process up again to consider her replacement.

Applicants were again required to submit resumes, and the top five (rated somehow by the BOD), were interviewed at the Grassroots Free School, and finally, were voted upon.

The result of this vote is that Agnes Davy has been hired. You may have noticed the tall, red-haired woman dashing around the storefront, taking care of the myriad responsibilities she has now assumed. She has initiated several new procedures in the Co-op that show a real sensitivity to the wants and needs of the members as consumers. She is in charge of the produce section and has written a survey in order to ascertain whether the members are most interested in organic produce, cheap produce, abundant produce, etc. This is your chance to voice your opinion on this subject and to be listened to.

She also composed the new special order sheets upon which you can now write the names of products that you would like the Co-op to carry, and receive a reply as to whether it has been ordered, can be ordered, or cannot be ordered. Look for it over near the storefront office.

We hope to offer a profile article about Agnes in a future issue of the Newsletter. She has been extremely busy with her multitudinous activities since becoming coordinator. But we hope to catch her in a quieter moment soon.





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LCFC Business: BOD Minutes

One of the functions of the Newsletter is to publish the official business decisions so that the general members will find it easy to be informed on matters concerning their Co-op. However, recent months and controversial issues have rendered the written Board of Directors' minutes very lengthy. They frequently run three to four typewritten pages.

Obviously, such lengthy information would consume too much of the Newsletter's space if printed in their entirety. So, to remedy this situation, we are planning to excerpt the BOD minutes, including the most important motions and information in this easily disseminated form. For more in-depth appraisal of current issues your BOD faces, we invite you to read the entire minutes which are permanently posted on the bulletin board next to the ice cream freezer in the store.

Also posted on this bulletin board are: Community Interests' corporate charter, LCFC's bylaws, the general membership meeting minutes and all financial reports. It is becoming easier to be informed about LCFC's inner workings. Please take a look at these documents and become informed.

Excerpts of the BOD Meeting of March 20, 1978:

MOTION #1--The BOD's ratings of coordinator applicants will not be open to the public.
PASSED.

A copy of the Co-op Bank Bill is now in the Co-op for individuals to read and decide whether they wish to support it.

MOTION #2--That the Tallahassee United Mine Workers Support Committee be allowed to purchase food at wholesale cost.
PASSED.

MOTION #3--To donate $100 worth of food to the Mine Workers' cause. TABLED, financial decision.

Grass Roots Free School received $239 from the combined benefit held Feb. 7.

MOTION #4--For the sake of continuity, the April general membership meeting will include the filling of two BOD seats. In May, two more will be filled, and in June, two more. Positions up will be: Larry Teich, Debi Powers, Rob Dunn, Susan Smith, Barry Snitkin, and post-dated--Andy Leon resigned on 4/17/78, so his seat needs to be filled also.

An Anti-Nuke resolution was endorsed by the BOD of LCFC. It reads:

Whereas, the Leon County Food Co-op Board of Directors is interested in the health and well-being of humans and their environment; and

Whereas, nuclear power poses a substantial threat to living things and the earth's environment,

Be it resolved that the Leon County Food Co-op Board of Directors supports the anti-nuclear demonstration at the Barnwell Nuclear Reprocessing and Waste Storage Plant on April 30, 1978, in Barnwell, South Carolina.

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Anti-Nuke Southeastern Regional Conference
(May 27-28)

will be sponsored by the Tallahassee Catfish Alliance.

The Conference will be held on the FSU campus in the Education Building. Anti-Nuke Activists will be attending from all over the Southeast. For more information, call Debi Powers 576-6272.

Barnwell continued

put financial strain on the rural Barnwell County by remaining in jail. Our enemy is AGNS, not Barnwell or the police.

We marched to the gates of AGNS and entered AGNS property (outside the gates, but still trespassing). Over 100 members of the press were there and over 100 support persons - people who did not cross the AGNS property line - were there also.

Rain began to fall. We began to chant: "Rainfall -yes! Fallout -No!" Throughout a three-hour rain, we stood under plastic covers and sang songs. When the rain stopped, we put up a sign which read "No Nuke City," and began to put up a circus tent. But when our support people started to bring in a portoilet on a flatbed truck, AGNS officials decided that it was time to begin arrests. If the hard rain hadn't driven us away, nothing would.

It took over four hours to arrest all 285 of us.

We had trained to talk in a friendly way to the police during the whole procedure, to tell them why we were there, to express concern for them and their children because they live near

Continued page 9

BOD Minutes continued

A report was given on the Food Co-op Conference for Forming the Federation of Southern Food Co-ops. There were three basic workshops offered there: Warehouse, Nuts-n-Bolts (in store procedures), and Bylaws and Charter of the Federation. It was decided that a central warehouse would be formed to serve the co-ops in and near Atlanta, with other co-ops able to join in on large buys. A "position paper" explaining the policies and corporate structure of each co-op is to be drawn up by the next Federation Conference (June 10-11 in Pensacola). A Federation Newsletter was proposed and accepted, Tana and Patricia of LCFC will coordinate and oversee its production. Articles of Agreement were proposed (see in the full-length version of these minutes at the Co-op). And a tour was offered of Sevenanda, the next largest co-op in the South, as a model for establishing and running a food co-op.

AC no-shows were discussed yet again. The present policy is to fire ACs who don't show twice, depending upon the situation. This decision rests with the coordinators.

Membership Manual--being researched and written at this time. It will be in modular form so each member can obtain the information that is applicable to his/her particular relationship to the Co-op (i.e. cash register manual, historical).

Excerpts of the BOD Meeting of April 17, 1978:

Hartmut Ramm returned to this meeting to discuss again the plight of the striking mineworkers, and to urge LCFC to (1) support the political aspects of the strike, and (2) to donate food to the truck going up to Kentucky to feed miners and to find out about their health issues. Motions and discussion were tabled until later in the meeting, after a financial report.

The financial report showed a loss in the storefront of $398 (net) for the month of March. This was due to several factors further delineated in the complete minutes in the storefront. A major cause of this loss was definitely shortages at the cash registers again, totaling FIVE HUNDRED AND SIXTY-SIX DOLLARS.

Newsletter Expansion was discussed by Tana McLane, who outlined some tentative future goals for the growing publication. Briefly, Co-op Books and Records has shown interest in co-producing a more community-oriented newsletter that could include the efforts and input of all the organizations and groups in Tallahassee, and prevent overlapping efforts and expense. The Newsletter being an independent project, is researching the feasibility of such a project. We'll keep you informed on this.

Advance nominations of LCFC BOD members was voted on. The purpose of this is to allow members of the Co-op to know who is running, and hopefully, to learn more about the candidate before they are actually voted on.

MOTION #2--The above. PASSED

BOD Minutes continued

A Head Cashier was suggested to help alleviate the gigantic losses at the registers and to oversee all Register ACs and generally take responsibility for the daily balancing of the registers.

MOTION #3--The above. Tabled due to financial nature.

The BOD was informed that four Bills are before the Senate that deal with food labeling, school vending machines, and food in the public schools. Please inform yourselves of Senate Bills #552, #604, #788, and #794.

MOTION #7--That LCFC BOD support these Bills and form a committee with general membership for taking action on these bills. PASSED.

MOTION #8--Senior Citizen memberships will be lifetime. PASSED.

Larry Teich presented his proposed "position paper" for the June SE Federation of Food Co-ops Federation Conference.

MOTION #11--To accept this position paper. PASSED.

Excerpts of General Membership Meeting of April 23, 1978

Meeting began with discussion on new policy for electing BOD members. For the sake of continuity, and in the interest of knowing more about prospective BOD members, it was agreed that we should nominate BOD candidates during the month prior to the General Membership Meeting, starting next month. Nominations will be posted on the Co-op business bulletin board. It was also agreed that not more than 2 new members fill vacant seats at one time.

Three BOD members were elected: Jim King, Phil Ortiz, and Larry Teich. Larry will serve for six months, in Andy Leon's place, until November, when Andy's term expires. This was decided by choosing straws.

The minutes of the last BOD meeting and a list of unfinished business were read aloud. Emphasis was on task force committees needed to accomplish many of LCFC's goals.

Bylaws Revision Committee meeting report was given by Jerry Johansen. This committee is presently focusing on clearer general membership/BOD relations.

The position paper was read and a motion to accept it passed.

Agnes Davy and Rob Brunger, our new coordinators, were introduced.

A committee was formed to take action to support the 4 Senate Bills concerning food that are currently being decided.

Help is needed for LCFC's 4th birthday sale which will take place from April 27-May 1. Everyone will be allowed to shop at 15%.

There was discussion about LCFC's political commitments. The consensus seemed to be that the present general membership wanted the Co-op to become more politically responsive with their input.

Nominations for BOD candidates to be elected in May: David Rosenfeld, Martha Weinstein-Correia, Russell Burnett, Ben Irvin, Debi Powers.

Position Paper

by Larry

This is intended to basically summarize the Leon County Food Co-op's position about itself. Why does the food store exist, where do we stand legally, philosophically, or politically, what are our policies and internal structures, what is and is not sold, and generally, what makes our store a "Co-op."

The Leon County Food Co-op is a subsidiary of Community Interests Inc., a Not For Profit corporation which was formed to provide services, goods and education which are beneficial to both members and to the general public. The Co-op exists to provide the community an alternative source of goods and food at a level of quality and at a savings of cost not otherwise available in our area. The Co-op also offers a center for any member of the community to engage in cooperative endeavors with other individuals or families concerned with fulfilling basic human needs. Hopefully, this will happen without perpetuating the traditional inequalities of distribution by the profit motive, and through the spirit of cooperation, participation, and sharing of the workload.

LCFC does not legally qualify for nonprofit tax status, but net profits (when there are any) go directly back into the operation of the storefront, and, in accordance with its charter, cannot benefit any individual or group. The Co-op is member owned and operated. This means when someone pays the $5 membership fee, they become a part

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Position Paper continued

owner of the business and provide the energy, either money or work, for maintaining the daily functioning of the store. Anyone can make purchases, but nonmembers pay higher prices. All items are marked at wholesale or at the store's cost, then the appropriate percentage of a total sale is added on according to status. Nonmembers pay 35% above cost; nonworking members pay 25% over; 2-hour-a month workers are charged a-15% markup; and 4-hour-a-month workers are at 10%. Assistant coordinators who work a 1-hour-a-week schedule, Coordinators who are salaried, and special project workers buy at wholesale. Members of the Board of Directors and senior citizens shop at 15% markup. Basically, this translates to the more you participate, the less you pay.

There are currently eight members of the Board of Directors who are elected by members at monthly general membership meetings. They are responsible for setting basic policies, hiring and dismissal of paid employees and general supervision of the corporation and its financial situation. It is up to the Board of Directors and the general membership, through consensus, to decide all important matters of philosophical nature and the future direction and tone of the Co-op. The coordinators (3 at present) make all day-to-day decisions concerning the efficiency and functioning of the storefront. They also have two collective votes at board meetings.

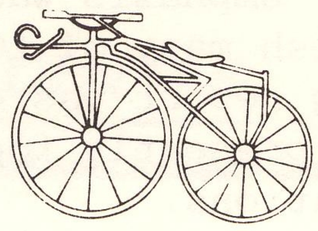
In general, political policies and decisions of what items are sold are made in the same way. Since our membership rolls now exceed 6,000 households, no one political ideology or nutritional decision would represent a majority view of members. In most cases, no political statement is made by LCFC as a whole, but many avenues of expression are available to individuals or groups for representation of their views. The store carries any items requested by a sufficient number of members to warrant a demand, unless there is an obvious detrimental effect on other members. It is up to each member to monitor the goods sold in their Co-op and voice any objections or suggestions they have. Committees are now being formed to realize the goals of education of both members and the general community.

The Leon County Food Co-op is constantly growing and changing. Original founders have moved on, personnel is periodically replaced, internal systems and goals must always be updated and a co-op's role in society has never been clarified. A true picture of what the Co-op is can best be obtained through personal experience, but a commitment to positivity and a respect for our planet should help make a definition of the Leon County Food Co-op become evident.

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Prenatal Reminder

A local midwife reminded us to print the following information--Get prenatal care early. If you're considering a home birth, there is much that you must do to prepare yourself, your mate, and your surroundings. Establish early contact with all who will be attending your birthing so that you can get to know and trust them and they will have a feel for where you are and what you want. Contact with a doctor will prove helpful, as s/he will be able to monitor your progress and let you know if you become anemic, etc. S/he can also be your liaison if a hospital birth becomes necessary for any reason.

Barnwell continued

the plant, to talk about cancer rates and to show our sincerity.

After we were arrested, we were put on buses and transported to the county jail. We were fed, frisked, fingerprinted, photographed, booked for trespassing, taken before the magistrate, and released on $15 bond. During the entire time, we talked to them about nuclear power. I believe we made a profound impression upon these people.

Many of them expressed their concern about the plant. Many of them said that they were going to re-evaluate their stand on this issue. Many of them said that they had learned a great deal about the issue just listening to us talk and that they had not really thought much about it before. One told us to come back and bring thousands! One told us that next time he might be out there with us!

This was the first action at Barnwell. There will be many more.

We have a long road ahead and a hard struggle. But we're going to make it. We are going to keep on marching and singing and working together until the last nuke is turned off.

Seven Hills Healing

The Holistic Healing Arts are a vital part of what many are beginning to recognize as the birth of a new age in this country. An age of increasing harmony between man and his environment, his neighbors, and his true self.

The Seven Hills Healing Arts Festival, to be held in Tallahassee on May 28, 1978, will provide an opportunity to share in the wealth of knowledge surrounding these arts. Through experiential workshops, lectures, and demonstrations, participants will explore a wide variety of topics designed to enhance their appreciation of the world around and within them.

In a sense, the holistic arts may be compared to the native American philosophy of living in harmony with one's surroundings rather than attempting to conquer them. In recognizing the essential integrity of his environment, the Indian was honoring the delicate balance existing in nature and acknowledging his/her role as a partner rather than a possessor of creation.

Similarly, the holistic approach to healing maintains that, in the effective treatment of illness, one must consider all aspects of the self; body, mind, and spirit, as equal contributors to the state of health. Each individual is encouraged to take responsibility for his own growth.

Holism, based on the Greek "holos," or complete, further suggests that true health is more than the absence of disease. The philosophy holds that every person is entitled to a vibrant, energized state of functioning and awareness.

The Seven Hills project is a cooperative venture providing a focus for the many individual energies seeking to advance the healing arts in this area. Serving a dual purpose, it is intended to increase public awareness of holistic health and to raise funds for the establishment of a permanent healing center in Tallahassee.

The center will provide a physical location from which a wide range of activities can be conducted. It is envisioned as a gathering place for holistic practitioners from fields as various as massage and yoga to iridology and nutrition. It will be a learning center as well as a treatment center, providing classroom facilities and areas where specific treatments can be offered.

Included in the dreams of development are a resident rolfer, a school of massage, a meditation center, prenatal care facilities, and a gourmet natural foods resturant.

These ideas are well on the way to becoming a reality, and are only part of a vision which will help make this area a fertile center for learning and growth.

In the more immediate future, however, the Festival itself promises to provide an exciting opportunity to learn from both nationally recognized leaders and local persons with notable skills.

A sampling of healers scheduled to attend include:

Carol Bush--working with dream recall and guided imagery.

Harold A. Cohen--speaking on holistic health and the establishment of holistic centers.

Dr. Robery Massy--an expert on the nature and balancing of the human aura.

Jean Reese--an artist and massage therapist teaching how to center oneself through clay sculpture.

Ma Yoga Shakti--a sadhu speaking on the healing power of love and chanting.

Jane and Scott Stanley--on nutrition, diet, and fasting.

Bill Williams--demonstrating the Aston technique of structural integration or rolfing.

Marcellus Williams--a traditional Muskogee medicine man speaking on native American healing and the Native American Church.

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Arts Festival is here

by Neil Abell

Harri Wolf--discussing the science of iridology, which attempts to understand the language of the whole body as expressed in the iris of the eye.

These and many others will share with us throughout the day!

The Leon County Fairgrounds will be the site of the all-day festival, with gates opening at 8 AM and scheduled activities beginning at 9 AM. In addition to the workshops, participants will have a wide range of pleasures from which to choose.

Yoga classes will be conducted throughout the day, and an area will be set aside for meditation. Live acoustic music, films on the healing arts, and natural foods will also be available.

For children, there will be free supervised child care and special children's workshops.

Prices for the full day are $10 for adults prior to May 15 and $12 thereafter. Students and persons over 60, $5, children 13-18, $2 and under, free.

Seeds of Light, a nondogmatic, omnireligious, new age church, is sponsoring the Festival, and those wishing to support the venture are invited to do so, as donations are tax deductible.

Preparations are well under way, but there still remain many opportunities for interested persons to contribute their time, energy, and skills to the project. There are important tasks to suit almost every interest, including tent-raising at the fairgrounds, organizational planning, and ticket-taking. If you have something to offer, let us know. Your help is welcome!

Persons seeking further information on any aspect of the Festival, including advance registration, may contact Lynn Kasler at P.O. Box 2678, Tallahassee FL 32304, or call 575-3939. Information is also available through the Taproot Juice Bar, 631 W. Tennessee St.

Above all, come to the Festival prepared to share, grow, and experience yourself more fully.

Kripalu Yoga

by Vikki Whitfield

Kripalu yoga provides relaxation by working with both the mind and the body. All physical, mental or emotional tensions become expressed as energy blocks--tension lodged in the muscles or deeper organs of the body. Through the use of simple stretching and breathing exercises, deepset tensions are released, producing a deep state of physiological and psychological harmony. This harmony leads to increased creativity and efficiency, mental clarity and physical health. This results in an inner awakening of dynamic spiritual energies.

Learning Kripalu yoga differs from learning the usual approach of Hatha yoga. It goes beyond the stop and start of asanas into the continuous flow of serial asanas, sometimes called "moving meditation" or "dance of yoga." When one masters correct movement and proper breathing he/she begins to flow naturally into the "dance" and to relax into deep states of meditation.

EDITOR'S NOTE: Kripalu yoga is the yoga many of you saw during Yogi Amrit Desai's visit here in early March.

From our six month's experience with Kripalu yoga, we can attest to the fact that it is indeed different from any yoga we have previously studied. It has closed the gaps between each asana, transforming the entire yoga session into one continuous flow. It has also introduced new and sometimes challenging aspects to yoga, making it more interesting.

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take I-10 W. to 267 (Quincy exit), left, 4 miles to 65B, right, stay on 65B til it runs into S-65, 2 miles, Mall on left

Nukes in Brief: Bob Alvarez

On April 16, Bob Alvarez of the Environmental Policy Center, a privately supported lobbying group in Washington, DC spoke to members of Catfish Alliance and others. His career has been spent delving into environmental issues, particularly man-made sources of ionizing radiation and its health effects.

The information he offered is quite frightening because he states that human tolera-tion of low-level radiation is much, much lower than the NRC, the federal government, or anyone else has admitted or known up until now.

Apparently, human exposure to ionizing radiation is quite easy to come by. Every time you have an x-ray at your dentist, chiropractor or doctor, you are exposed to roughly 5 rads (minute measures of radiation in the body) of radiation. Rads are accumulative over a lifetime, and their effects do not show up immediately.

Alvarez cited several study cases of normally healthy people who were exposed to supposedly "safe" levels of radiation, the most astonishing of which was a secret project known as "Smokey."

"Smokey" was a nuclear blast staged in Nevada, in which service men were ordered to witness the blast and then crawl around the grounds for a propaganda film that was to show that "our boys could survive a nuclear war." This provided these people with the opportunity to inhale and contact radioactive dust particles at close range. When the results of this project first started showing up, the Government denied these men credibility or compensation.

The thirty-five year latency period is over. Soft tissue accumulation and malignant tumors are reality for approximately 500,000 people, according to Bob Alvarez. Many have developed leukemia. The dimmest ray of hope for these people is that now there is a place they can report to in Atlanta called the "Center for Disease Control." Here they can be tested and the first steps for compensating them and their families can begin.

Alvarez also stressed that the same Price Anderson

Your 13 Cent Investment in America's Wilderness

contributed by the
Big Bend Sierra Club

Within the next few months, the fate of a California-sized piece of Alaskan wilderness will be decided in Congress. This land is the finest wilderness left in North America, and it's literally up for grabs.

It belongs to you--mountains, tundra, glaciers and rain forests, along with Kodiak, brown and "blue" bears, caribou, Dall sheep and wolves. All of these could be preserved in the National Park System and in the National Wildlife Refuge System with your help.

House Bill 39 (Alaska National Interest Lands Conservation Act) is a bill which would preserve 95 million acres of breathtaking Alaskan terrain and fragile wildlife habitat. H.R. 39 has passed several congressional committees, thus far, in pretty good shape, and will be voted on by the full House in May.

Our local representative, Don Fuqua, has expressed interest in the legislation and is leaning toward full support of its passage. A few letters from Co-op folks may just knock him over the fence. Letters to Senators Stone and Chiles would also be timely, as the Senate will soon consider companion legislation (S.B. 1500).

Opposition from the reactionary Alaskan Congressional delegation, led by Multinational Corporations and developers, is mounting. The state of Alaska was given a more than generous land grant already from the Federal government--nearly half of the state. Over 50,000 Alaskan Native Americans were granted 46 million acres of land that they themselves chose. There is a clause in the present legislation which would allow them to hunt by primitive means in the proposed National Parks and Wildlife refuges.

The Multinationals will be given free rein to ransack and plunder 77% of Alaska's wealth and beauty, mainly because many Eskimos are selling out. But, the Multinationals want it all.

This land is federal land, public land, your land. Eight-hundred-year-old trees from Alaskan rain forests are shipped to Japan to be turned into board feet and paper plates. Alaska's long-

Alvarez continued

Act that limits the responsibility of the nuclear industry or the federal government for damages in cases of a major nuclear catastrophe has exceeded its own limitations without even having to compensate for a catastrophe. There have been radioactive releases. Radiation has shown up in cow's milk many miles from where it was produced, due to shipping. Plants have been built that have shut down due to their own inability to function under the extreme demands of nuclear fission and cooling.

The low level radiation standards are based on the supposed "tolerance" of infant thyroid glands. However the foetal thyroid is ten times less capable of handling radiation than even an infant's and no consideration is made for that at all. In fact, whenever a researcher presents negative findings on the whole nuclear issue, he/she is soon discredited, loses research funds, and is occasionally threatened or ordered to turn over their findings to the NRC or federal government.

Ionizing radiation affects our bodies through the bombardment of cells, creating a release of energy in the cells, thereby changing them in potentially harmful ways. Plutonium concentrates in the soft tissues and glands of our bodies. Alvarez said that one rad of radiation is a lot to receive in light of its accumulative effect. Remember, the average x-ray doses you with about five.

Radiation boils down to disaster for living things. Nuclear plants dispense radiation, if not freely, then at least in a careless, seeping way, into the earth and her inhabitants. And the nuclear industry goes on. They are now asking for the federal government to pull them out of financial disaster.

The Anti-nuke movement is policical. But it is beyond politics. It is about your life and property and the safety of our planet.

Alaska continued

term prosperity will, like Florida's, depend on tourism and the sane management of her renewable resources, not oil, and corporate greed. Please drop our boys in Washington a line for our posterity.

Representative Don Fuqua
House of Representatives
Washington DC 20150

Senator Richard Stone
U.S. Senate
Washington DC

Senator Lawton Chiles
U.S. Senate
Washington DC

For further information contact:
Alaska Coalition
620 C. Street, SE
Washington DC 20003

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Eating Beans

by Tom Kelly

I thought I'd pass along some information on how to prepare beans in order to make them safe to eat. According to the article which I am taking this information from, all beans (see Editor's note below) contain a Trypsin Inhibitor.

Trypsin is a protein digestive enzyme. Beans also contain phytohaemaggluten, a factor causing* agglutination of red blood corpuscles. Eating beans raw will result in interference of protein digestion and nonspecific absorption of nutrients, and agglutination of red corpuscles.

Methods of preparation deactivating harmful factors in beans:

1. Soaking 24 hours, then sprouting for 4-5 days.
2. Grinding into flour and dry roasting before using in baked goods; or boiling, as used in thickening soups or sauces (30 min. at 100 degrees or 15# pressure at 115 degrees for 20 min.)
3. Soaked whole for 25 hours, then boiled for 2 hours at 100 degrees; or baked as part of a dish for 2 hours at 100 degrees.
4. Not soaked, but baked whole.
5. Store bought soy flour has been pressure cooked and can be eaten safely either raw or cooked.

Methods of preparing beans that don't deactivate harmful factors:

1. Raw or soaked.
2. Ground into flour and eaten raw or baked as part of bread, etc., without being cooked first.

This information comes from the Henry Doubleday Research Association (HDRA), an organization based in England whose aim is to:

1. improve and encourage horticulture in general
2. research and study improved methods or organic farming and gardening
3. research the utilization of Russian comfrey in connection with the above two objectives
4. encourage research and experiment in agriculture and horticulture by the dissemination of knowledge and the results of such research and experiment among farmers, gardeners and schools.

The article I gleaned this information from was entitled "Beans can be Baneful," which was written by Hilda Cherry Hills and appeared in the HDRA Newsletter #70, November 1977. She received her information on beans from "Michael Nelson, a nutritionist working at the Dunne Nutritional Laboratory, Cambridge, England."

Membership in the HDRA is $10.00 per year. You will receive their newsletters and reports, though most of their information is concerned with English gardening and not applicable to Florida gardening. However, it is very interesting.

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Letters

Dear Editors:

I have enjoyed being a member of the Board of Directors for the past two years, and look forward to remaining active in the Co-op as long as I continue to stay in Tallahassee.

The LCFC is a strong and vital organization and we all should make efforts to keep it that way. Imagine having to go to one of the health food speciality stores to buy your oils and grains. Imagine not having an excellent source of inexpensive imported and domestic cheeses. Imagine going into a grocery store and not knowing a soul there! This is what we have surmounted and it's on all our shoulders to keep it alive and healthy.

I realize that bigger is not always better. But I thought that with the expanded membership rolls, we would have more volunteers than we needed. Quite the contrary has happened (with the exception of the end of the month). We still depend on a small, hard-working group to get the work done. The beauty of the Co-op is that it directly reflects the personalities, desires, lifestyles and beliefs of those who choose to be involved. So, there is only one way to make sure the Co-op is going in the direction you want it to--get active! Part of the problems we are having right now about the Board being responsive to the membership's wishes is that such a small part (sometimes less than 1%) choose to attend meetings and become informed on the issues. Until the time the membership becomes more involved and a representative sample of the membership's opinions are expressed, I believe that the Board should remain the strong and dominant force in decision making.

The Co-op probably is in better business and financial shape than it ever has been. This is at best a tenuous balance. We could destroy it by adopting half-conceived and ill-thought-out ideas which would put a great drain on our resources. Remember, our budget is a finite thing, somewhat like your savings account. Only so much can be taken out without being replaced.

We, both the Board and the General Membership, need to get our act together and "professionalize" our approach to decision making.

One final thing. I see a trend developing. The Co-op is becoming increasingly more political. Not internally political, but involved in state and nationa issues. Food is a political issue. If we are to be political (and should be, on a limited basis), it should be restricted to that and the cooperative business movement only. Our beliefs concerning food are about the only thing we have in common. Even there, there is considerable lattitude with 6,000-plus members. I believe the motio adopted by the Board some years ago which said we would not become involved in political controversies is a good one and one which is important to stick to. Once again, it's easy for a small, hard-core group to gain dominance in any organ-

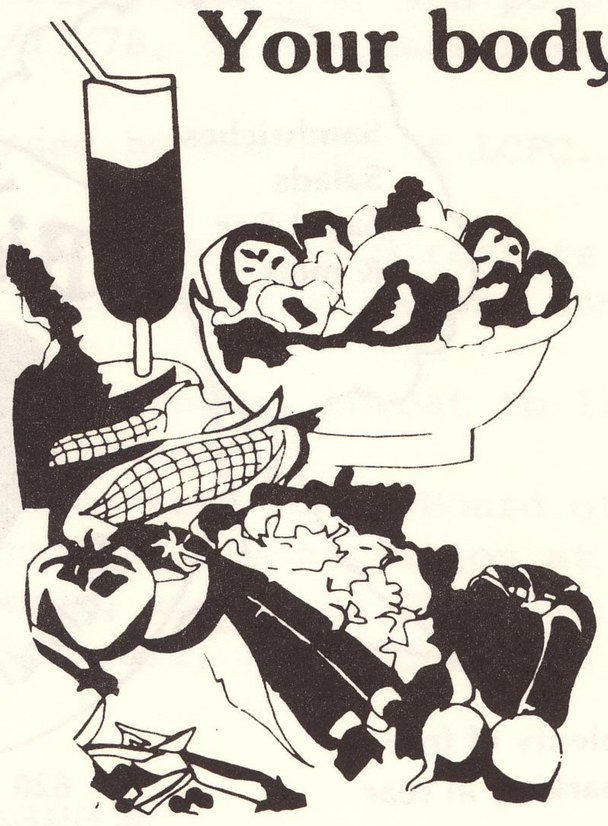
continued page 16

Beans continued

*Agglutination, according to Webster, means "sticking together,as with glue."

EDITOR'S NOTE: The Trypsin Inhibitor only applies to soy beans, garbanzo beans and not to snow peas or green peas. You should not eat soy beans raw due to this Tyrpsin Inhibitor. Always sprout or cook thoroughly. A general rule of thumb with all beans is to either sprout or cook; do not eat raw.

Freddy Kaye



Your body deserves
a good lunch...

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224-2043

Letters continued

ization like the Co-op, (witness the "Maoists" up north) and push their ideas as the "official" stand of the Co-op membership, to the exclusion of the majority of our members. The major problem here is that your cause may be an excellent one, but it could scare away or shutout the "nonbelievers" and eventually reduce the active/supportive membership. The Co-op cannot grow with only a small band of activists in control. Because of this I do not support many of the current motions in front of the Board which would ask for our public endorsement of nonfood/non-cooperative business political beliefs.

Please think about these things. We all have a lot to lose.

See y'all around,
Rob Dunn

Thanks for your recent copy of the Newsletter.

The info exchange will serve to strengthen the co-operative bond in our area of this planet. . .

Please extend our welcome to your members who may be moving or traveling to our area to stop by and visit. Our store is open Tues and Fri nites 7-9 PM and Sat mornings 8-10 AM.

Peace,
Rita Milelli
Common Ground Food Co-op
3716 Lake Worth Road
Lake Worth FL 33460

Dear Dynee and Friends:

Muchos gracias for your continuance in sending me the LCFC Newsletter. It really means a lot to me to have you sending it to me. A thousand hugs!

So, anyway, how is the Co-op doing? I'll bet a lot of changes have taken place since I was last at the store. John is leaving. That's a big change in itself. I have been to many co-ops since leaving Tallahassee and I think you all should realize that none have even come close to matching the "quality" of LCFC. Viva la mercado!

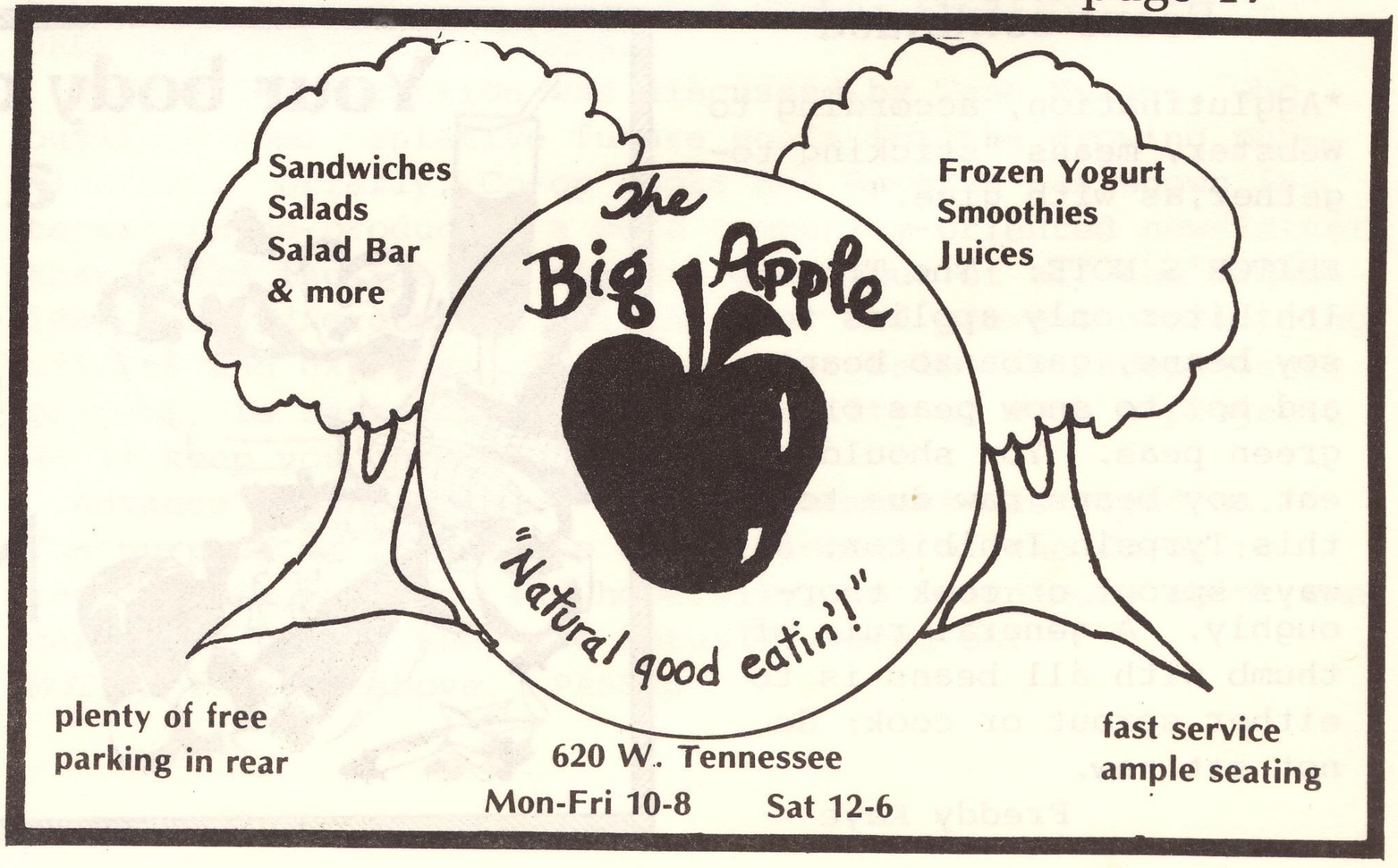
Each day Oregon becomes more of a wondrous sight. The landscape is always super green and springtime is having its affect with dandelions and flowers in full bloom. The people I rent from even have a small backyard which they have converted to a garden. Right now, just potatoes and onions, but soon there will be adequate weather for carrots, tomatoes, etc. Don't think I'll be around for harvest, though, as in June I plan to move to Corvallis (about 84 miles south of here), and in September I hope to begin classes at Oregon State University.

I'm keeping occupied this quarter. Algebra and chemistry are keeping me transfixed, and working full time in the Audio-Visual section of the library is, too. Most evenings are spent studying and Saturday I'm taking a class in backpacking in hopes of gaining a little insight into the hiking trails of the N.W., and some of the fundamental preparations. A little different from Florida!

The Newsletter is definitely becoming an informative medium. Debi Powers and Tana McLane, especially, with their information on environmental issues and discussion of how to deal with human ailments. Keep up the good work, ladies! Debi, there is a lot of controversy about the Trojan Nuclear Reactor near Portland (Ranier) right now, as they are in the process of refueling. Does this information reach Tallahassee? Luckily, Portland has an organization called the "Trojan De-Commissioning Alliance" that is combating the threat of nuclear power. How effectively, I'm not sure.

I am sure springtime has fallen upon Tallahassee and I envy you all romping in

continued page 17



Letters continued

the sun and seeing who's first to jump into River Sink. I had hoped to come back for a visit this summer, but right now it seems unlikely. If not, chances are good I'll be back next winter to visit.

What kind of turnout are you getting at LCFC monthly membership meetings? Maybe with the spring weather, more people will show interest.

Anyway, all's well with me and I miss you all. Hope your goals and aspirations are being fulfilled. Hello to Larry, Richard, Barry, Susan, Ellen, etc.

Tu confidante,
Patrick Mahoney

P.S. If you see Ron Miles, please pass this note on to him. Will have some pictures soon.

Co-op Calculations

by Richard Brunger

Who should become a member of LCFC?

Anyone who has the shared views of Co-op members and who spends $1.00 a week or $4.33 a month in the store.

Who should work 2 hours a month?

At *minimum wage, purchases of $12.33 per week or $53.42 per month lets you break even, not to mention the fun of doing something different and associating with great people.

Who should work 4 hours a month?

Again, at minimum wage, you need to average purchases of $16.31 a week or $70.67 a month to break even.

Who should work 8 hours a month (2 hours a week)?

At minimum wage, you need to average $21.20 a week or $91.80 a month to break even.

*Federal minimum wage--$2.65

Dear Editors:

I just picked up this month's newsletter (Newsletter special report) today, and just finished reading it a little while ago. I only hope that my feedback won't be too late to contribute anything to the question of what to hire--coordinator or cashiers.

What's my qualification? Well, I've been a member of the Co-op since June '74--missed out on joining as a charter member in May because I wasn't sure I was going to stay in Tallahassee much longer at the time--and have put in my time every month since then. Other than that, I haven't been attending the membership meetings regularly for some time now, since before the move to Gaines St., I think.

Cashiers or coordinators, that is the question. Whether 'tis nobler to add to the management or add to the on-line workers providing direct services to the customers . . . .

Cashiers, I think, will provide more benefits to the Co-op. Immediate benefits will be seen in the daily cash register tallies, in the time the coordinators don't have to spend training AC's, in the time AC's don't have to spend on the registers but can spend on the stock, and in the time the coordinators don't have to spend on the registers filling in for absent AC's.

If a shortage of $50 per day is not uncommon, and the storefront is open 9 hours per day, and a cashier makes $3 per hour . . . the cashiers will be adding to the financial stability of the Co-op rather than drawing away from the resources . . .

A coordinator is surely needed as well. But the cashiers would enable those that we already have to be able to use their time more efficiently. And, in time, perhaps a fourth coordinator could be hired. It seems that the cashiers would enable us to hire a coordinator more quickly than another coordinator would enable us to hire cashiers. It also seems that one of the arguments for another coordinator is that the ones we have now have to spend too much time training people to work the registers and to fill in on the registers when no one shows up.

Bob Kemper #219

RECYCLED BICYCLES
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Editorial

by Tana

The delicate question of whether the Co-op should be political comes up again and again. This shows it is in our minds and our reality and thus, must be addressed.

The Co-op, with its many viable members, houses power that is virgin, untapped. The Board of Directors has been reluctant to take political stands, not being truly representational. The vague, unstated policy has been that we do not concern ourselves with politics. We've been afraid of alienating members. Rightly so. There are many views on each issue that must be considered. And, up till now, the BOD hasn't been all that sensitive to the desires of the general membership.

However, things are changing. LCFC is growing up. But, as a force for positive change in our community, our potential is yet unrealized.

Some say our only political involvements should be that of the cooperative movement and that of food. But, can we divorce health and environmental issues from our interest in food? If we have a responsibility to not alienate members, do we not have a similar responsibility to avoid acting only in our own self-centered interests?

My suggestion is for LCFC to analyze its corporate charter and decide if it still fits. Then we must analyze whether we have, or are going to, fulfill the requirements of the blueprint (i.e. education, outreach, nonlobbying). Then, we must establish a means, via our Bylaws Revision Committee, for the general membership to have genuine representation by the BOD. When this is achieved, <u>then</u>, I believe, we can proceed intelligently on which issues we should endorse or impede.

About the average Joe or Josephine Co-op member--if you make yourself heard (to the BOD, at general membership meetings, through the Newsletter), then your views will be considered. I don't see how we can cater to the supposed conservatism of our membership and accomplish anything but stagnation. For any action to take place, the majority rules. And the majority must consist of those members who choose to be active and come to meetings; and not of the vague, undefined portion of our membership who chooses to remain inactive. (By "active" I mean here, a voice in making decisions--a vote.)

I certainly do not advocate giving the BOD free rein to embrace any whimsical political stance that comes our way. Rather, our system for making these decisions should have sufficient innate lattitude that it does not encourage LCFC's isolationism from the surrounding community. Food distribution is not a separate phenomenon from health, environment or politics. The Co-op is not a separate entity from the larger world consciousness. It is, perhaps, a light in the gloom of all that our modern century has bequeathed to us. And it has a responsibility to expand its political consciousness in a cautious way with input from all who have it to give. I don't see our role as satisfying the status quo. That's what we're an alternative to. We are bound together by more than food. Our visions are different. But our benevolence toward the world family has certainly played its part in our success.

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Rob's Testimony

Finally, the "manager's testimonial of the month" this month goes to L&A natural insecticide. Just ask me how all those roaches behind my refrigerator decided to relocate after just a single application.

Reflections on Barnwell
by Barry Snitkin

I went to Barnwell expecting a march, a rally with speakers, some training sessions and lastly, another march culminating in civil disobedience - non-violent, of course. All of this occurred, but perhaps it was not the most important aspect of the weekend.

The rain brings it back...getting thouroughly soaked helping newfound brothers and sisters in my affinity group take down a tent at about midnight in a torrential thunderstorm. And then standing on AGNS property in another downpour, singing, chanting, coming together. Two hundred eighty-five people merging. Tarps being put up quickly to keep us all out of the rain. A council meeting while trespassing and a decision to stay, pitch a huge tent and build "No Nuke City." A decision not made by a majority, but by consensus. Every decision made by consensus. No forcing the minority to go along.

Growing, learning, merging, sharing... trusting. A total physical, mental and most importantly, spiritual experience. Our affinity group was made up of 13 people from Florida, Virginia, and North Carolina. Mostly strangers when we formed. Close friends upon parting. How? Why? Sharing 48 hours together, we became a close knit family. We had to build a trust deep enough to be able to put our bodies on the line in case the authorities went berserk. We didn't expect it but, by necessity, we had to train for it. We had to know our brothers and sisters would be there when needed.

And they were. On the day of the march with the intended non-violent civil disobedience, not an ounce of doubt was left. I knew my friends were there. I supported them. I received their support.

On the march, at times I walked alone and reflected upon what I was doing. Walking to AGNS to trespass, to go to jail. To express myself, I had to commit civil disobedience. Frustration that I could affect little by doing what I had been doing. Talking, educating, organizing. Doing what I had to do.

I knew why I had come but I never expected to leave South Carolina a different person. Barnwell was a spiritual experience. My consciousness was changed. My life was affected greatly. I can close my eyes and be anywhere in the entire weekend. I can never forget it. So, if any of you have noticed some of us being a little spaced out this week, it is not drugs - it's Barnwell I.

No nukes, y'all!

Coordinator Notes

by Rob and Patricia

We have revamped our request system, but there are some general things that you should know. First of all, we do not ignore requests, but we cannot always do everything you would like. Sometimes we cannot get distributors, or else we cannot arrange to meet their minimum order requirements. On many of the items you have requested we have already submitted orders, but our suppliers are out (whoever keeps requesting Morga soup cubes, for example, should know that these get ordered routinely, sometimes twice a week, but are frequently out of stock; you Nectar Pie lovers, take heed also). And finally, some things take a little bit of time to order; remember that when you can't find your desired item on the shelf the day after your request.

There will be an Assistant Coordinator meeting in the near future that will cover changes in our operating systems and general policies. A two-week notice will be given and all assistant coordinators will be expected to show up. With close to 150 ACs, this is the only way to exchange vital information, and we, the coordinators, hope all ACs realize the importance of attending this meeting.

The box bin is for usable boxes only. The inserts in the boxes should be removed before the boxes are put in the bin. Help us keep the front looking clean and attractive by doing this.

The office has had a face lift! Things are usually in the same general area but if you cannot find something, ask where it is.

The herbs are now sold by the pound. The new electronic scale is by the vegetables and should be used to weigh up your herbs. It is a snap to run. Place what you're buying on the scale and the weight will flash on, next punch in the price per pound and then punch the total button. The total price will flash on then. The weight, price per pound and total price all flash on the scale and each is clearly marked.

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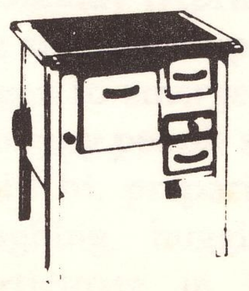
Wood-stored solar energy is

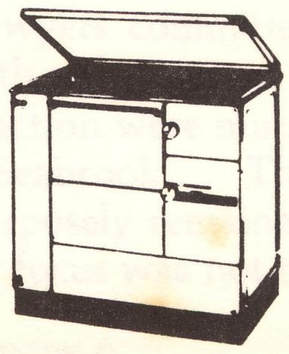
a renewable energy resource.

The Wood Stove Store

128 W. Van Buren

222-3228 222-1054





Leon County Food Co-op
649 W. Gaines Street
Tallahassee, Florida 32304

